

# Lake Macquarie Youth Development Officer Update

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### In Focus

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There has been a lot of talk coming out of the RYDON Conference about alcohol related harm in young people. There are a number of programs available that can support services to deliver the right message relating to alcohol use and harm. If you have the opportunity to get to a training day or read any of the resources that are being sent to you relating to this important issue it will provide a solid foundation for supporting our local youth. One thing that has caught my attention over the past few months is that we seem to be circling through the same programming year after year. I am in the process of collecting new programs, workshops, training and resources that can reinvigorate and update the way we deliver services to young people. If you know of any new material that you think should be delivered across Lake Macquarie and/or the Hunter or would like to see new programming on a particular issue please email me.

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### Combined Youth Interagency

18th July 2013  
9:30am - 12noon  
Salvation Army Oasis Hunter  
67 Cleary St, Hamilton  
Presentations from:-

### Advanced Drug Solutions: Synthetic Drugs

Jodie Ryan:  
Grant Writing Workshop

Byron Williams  
Newcastle Headspace

Salvation Army  
Olive Branch & Nourish Cafe

## Events

### **Webinar: A Common Approach to preventing child abuse and neglect and improving child wellbeing**

**Date:** Tuesday 23 July 2013

**Time:** 12.00-1.00pm

The Common Approach to Assessment, Referral and Support (CAARS or the Common Approach) is a practical and flexible way of improving the wellbeing of children, youth and families. It's a resource kit used by practitioners in the early childhood, family support, mental health, family relationships, health and education sectors.

Findings from the soon-to-be-released independent formative evaluation of CAARS are promising:

- CAARS appears to help practitioners think more holistically about the strengths and needs of children and families.
  - It helps practitioners better understand their role in prevention, and
- It enables better support to children and families before problems escalate into crises, ultimately leading to prevention of child abuse and neglect.

CAARS was developed in response to the pivotal ARACY report, *Inverting the Pyramid: Enhancing Systems for Protecting Children*, which was the first major report calling for a 'public health' approach to reducing child abuse and neglect. The Common Approach was progressed through funding by the Australian Government, under the National Framework for Protecting Australia's Children. A Ministerial taskforce oversaw its development, including representatives from every state and territory, as well as peak practitioner and service agencies from a wide range of sectors. CAARS is currently being used in the 30 Family Mental Health Support Services (FMHSS), as well as by many NFP agencies.

Book your free webinar seat now by going to <http://www.aracy.org.au/events/category/webinars>

### **Mind Your Back Launch**

The Hunter region has one of the highest number of spinal cord injuries in the State. 15 to 24 years are the most common age group to acquire a Spinal Cord Injury. The educational prevention campaign includes an interactive website, resources, activities, presentation, fact sheets, personal stories and teacher's kit. (See Resources & Information for more info). The Paraplegic and Quadriplegic Association of NSW (Paraquad NSW) cordially invite you to attend the launch of 'Mind Your Back'.

**Date:** Wednesday, 31 July 2013

**Time:** 10.30 am – 12 noon – Includes morning tea

**Venue:** The Place, Charlestown Community Centre, Frederick Street, Charlestown

**RSVP:** Melanie Lloyd, ParaQuad NSW, Tel 4969 6388 Ext 3 or E: [melanie.lloyd@paraquad.org.au](mailto:melanie.lloyd@paraquad.org.au)

## Services / Programs

### **RAGE Facilitators Workshop**

RAGE is an anger management course for young people aged between 11 and 17. It was initially created by Kenneth Nathan and Carol Musgrave whilst working for Richmond Community Services Inc. Because of the success of the course it was later incorporated into a resource funded by the Department of Community Services' Strategy to Reduce Violence Against Women and called, "*Breaking Point Breaking Through.*" RAGE is a strengths based solution focused program that is hands on, practical and also fun for young people. Parents, teachers, carers and the like have commented on how this course has helped them and their young person deal with the most misunderstood human emotion, anger.

**Date:** Monday, August 5, 2013

**Time:** 9am Registration --- 9:30am ----- 4:30pm

**Venue:** Community Activities Lake Macquarie Inc. (CALM)

**Address:** 77 The Boulevard, TORONTO NSW 2283

**Cost:** \$250 +GST (includes morning & afternoon tea, lunch and training materials)

**Registrations and Enquiries:** To register contact Ken Nathan on 0408 770 869 or email: [kennethj67@hotmail.com](mailto:kennethj67@hotmail.com)

## Professional Development

### **Magic, Mischief & Imagination - Narrative Therapy in Wonderland—David Epston**

The workshop is for practitioners working with children as well as with the young at heart - anyone with a playful spirit. This two day workshop will introduce you as a "former children" to the 'wonderland' beyond Alice's looking glasses that you may very well have been excluded from for some time.

**Date:** 5th - 6th August 2013

**Venue:** Brown Sugar @ Bay Views. Cnr King St & The Esplanade, Warners Bay

**Cost:** General \$400, Subsidised \$200

**Contact:** [www.nfss.org.au](http://www.nfss.org.au)

### **Case Management Part 2: Building Practice**

This one-day course is aimed at enhancing skills and processes that support case management when working with clients presenting with complex issues such as domestic violence, mental health, substance abuse issues, dual diagnosis and child protection issues. Whilst exploring case management in a context of working with complex issues, the focus of this course is on building practice through an exploration of solutions and strategies that support a best practice, client centred approach to our work. Key areas explored throughout the course include trauma informed care, engagement and assessment, multidisciplinary approach to case management and supervision.

**Date:** 15 August 2013

**Venue:** You will be notified of venue details upon enrolment via email.

**Cost:** FREE to Community Services funded programs

**Contact:** [http://www.community.nsw.gov.au/for\\_agencies\\_that\\_work\\_with\\_us/home\\_training/ngo\\_training.html](http://www.community.nsw.gov.au/for_agencies_that_work_with_us/home_training/ngo_training.html)

**You must have completed "Case Management: An Introduction (Pt 1)" training in order to attend "Case Management: Building Practice (Pt 2)".**

### **Investing in Youth Conference 2013**

We are proud to present an exciting and unique conference to assist participating companies recruit, train, develop, manage and retain young employees. The Investing In Youth Conference will present information, case studies, practical advice and resources that will assist participants integrate young people into their workforce and ensure they provide value for both the organisation and of course, the young employee.

**Date:** 19 - 20 September 2013

**Venue:** Rydges World Square Hotel, 389 Pitt Street, SYDNEY

**Cost:** Early Bird (Until 16th Aug) \$850 Full rate, \$650 NFP...see website for full details

**Contact:** Catherine Francetich: Ph. 02 8306 7905 Email [catherine@yfoundations.org.au](mailto:catherine@yfoundations.org.au)

### **Youth Action Youth Work Conference 2013**

October 21st - 23rd 2013, Youth Action's Youth Work Conference is the place to be! Also, on October 22nd, we'll be hosting our first ever Youth Work Awards Night. Registration closes September 20th, but places are limited and will fill quickly. The Conference will be held near the CBD of Sydney. Travel subsidies are available for delegates from outside the Sydney metropolitan area. If you would like to apply for a travel subsidy, indicate this on the registration form and we'll send you more details. Subsidies are limited and are offered on a first come, first served basis. We will launch workshop expression of interest forms within the next few weeks, so watch this space if you've got a great idea to present at our conference! We expect our program to be finalised early in September.

**Date:** 21 - 23 October 2013

**Venue:** SYDNEY CBD, Venue to be announced

**Cost:** Full \$350 (Member), \$500 (non-member)

**Contact:** Catherine Francetich: Ph. 02 8306 7905 Email [catherine@yfoundations.org.au](mailto:catherine@yfoundations.org.au)

For details go to <http://youthaction.org.au/latest/youth-action-youth-work-conference-2013/>

## **Funding / Scholarships / Competitions**

### **Ian Webster Scholarship 2013 - now open for applications**

For the second year running FARE will award the Ian Webster Scholarship, which aims to build leadership and management opportunities for individuals in the alcohol and other drugs (AOD) sector.

The successful recipient will receive \$10,000 towards a program of study, independently-led research, or professional development opportunities.

Last year's recipient Michele Campbell travelled to the United States to learn more about Community Reinforcement and Family Training (CRAFT).

CRAFT is a program that teaches family members non-confrontational ways of breaking another family members' pattern of drug and alcohol use. Michele also presented at a Global Addiction Conference in Pisa, Italy.

For more information go to <http://www.fare.org.au/community/ian-webster-scholarship/>

### **NIB Foundation**

nib foundation's Community Grant program aims to support locally-based initiatives which will make a positive difference to the health and wellbeing of Australian communities, with a focus on the health of young people, and carers. A Community Grant round is held each year and applications are accepted from eligible organisations across Australia. Funding of up to \$50,000 will be provided to a maximum of 10 organisations to undertake projects that run for up to 12 months.

The 2013 Community Grant funding round will open on Monday 1 July 2013 and close on Friday 19 July 2013.

For more information go to: <http://www.nibfoundation.com.au/site/index.cfm?display=183542>

## Legal Matters

### **Insight Mental Health Awareness & Suicide Prevention Training**

– The Salvation Army Mental Health Awareness & suicide prevention training for frontline community workers in a legal setting. The one-day-training can be delivered on site, subject to numbers and is free. For more information go to: <http://suicideprevention.salvos.org.au/insight>

### **Child inclusive Family Dispute Resolution – a clinical Training Intensive**

This three day intensive workshop teaches core skills for working with children and their parents in child informed family law dispute resolution.

**Date:** 4th - 6th September 2013  
**Venue:** Aerial UTS Function Centre, Lvl 7, 235 Jones St Ultimo  
**Cost:** General \$1350, Earlybird \$1150 (5th August)  
**Contact:** training@familytransitions.com.au Ph 03 9347 5559

### **Hunter Community Legal Centre**

The Hunter Community legal Centre is celebrating the launch of its new logo along with the Credit Report Brochure and Pro Bono Award. All are invited to attend the launch.

**Date:** 19th July at 5:30pm  
**Venue:** Lvl 2, 116 Hunter St Newcastle.

### **Energy & Water Ombudsman NSW – Representing your client: What information do I need?**

Information and authority form for community workers when they want to make a complaint to EWON on behalf of their client: <http://www.ewon.com.au/index.cfm/help-for-customers/for-community-workers/>

### **Driver Licence Disqualification Reform (Inquiry)**

The Law and Safety Committee is conducting an inquiry into the driver licence disqualification. As you may be aware, the NSW Parliament has commenced an inquiry into driver licence disqualification. The complete Terms of Reference for the Inquiry are attached. The link to the Inquiry is at [http://www.parliament.nsw.gov.au/prod/parliament/committee.nsf/0/319B762841A8082FCA257B970083AD1B?open&refnavid=CO3\\_1](http://www.parliament.nsw.gov.au/prod/parliament/committee.nsf/0/319B762841A8082FCA257B970083AD1B?open&refnavid=CO3_1)

In summary the inquiry is considering whether law reform is appropriate for unauthorised driving offences, and is looking to:

- a) *Establish a right to apply to the court to have any outstanding disqualification periods removed for people who complete a minimum offence free period;*
- b) *Abolish the Habitual Traffic Offenders scheme;*
- c) *Provide courts with discretion when imposing disqualification periods for unauthorised driving offences by:*
  - i) *Providing for automatic (and minimum) periods rather than mandatory periods; and*
  - ii) *Requiring that disqualification periods run from the date of conviction unless otherwise ordered.*
- d) *Revise the maximum penalties prescribed for unauthorised driving offences; and*
- e) *Introduce vehicle sanctions for offenders who repeatedly drive while disqualified.*

**Submissions are due by 22 July 2013.** Go to <https://www.parliament.nsw.gov.au/prod/web/submissions.nsf/Submission?OpenForm&ParentUNID=00C8D2C64ABDEE23CA257B980022D521&House=LA>

## Information, Research & Resources

### Mind Your Back Pack

ParaQuad with the support of the NSW Mining Advisory Council has developed a fantastic new spinal cord injury awareness program “Mind Your Back Pack”. This educational program aims to provide education about spinal cord injury and spinal cord injury prevention and includes an interactive website, resources, activities, presentation, fact sheets, personal stories and teacher’s kit. To launch “Mind Your Back Pack” we would like to invite representatives from councils and schools (Principals, Teachers, school council members), educational bodies, community workers and youth councils of the Hunter region to attend a short presentation outlining the spinal cord injury prevention program. ([See events for details](#))

### Want to work in 2014? Apply for a Working With Children Check in 2013!

If you’re over 18 and you work with kids (under 18’s) – paid or unpaid, you have until December this year to apply for the new Working With Children Check, and obtain a clearance. If you don’t make this deadline, you won’t be allowed to work with kids in 2014, including the January holiday programs.

See more at: <http://youthaction.org.au/latest/attention-all-youth-workers/#sthash.0kK2tlmj.dpuf>

### Child Youth and Family Support Services Program Update—Youth Action

Early in May we provided an update on the CYFS review and forwarded a FACS (CS) Communiqué prepared in response to questions we raised with Community Services about the objectives, timelines and processes that would apply to the review of the CYFS service model. We were advised in late 2012 about such a review in response to the issues raised by FamS and Youth Action (formerly YAPA) about the implementation and local impacts of the CYFS service model.

See more at: <http://youthaction.org.au/latest/child-youth-and-family-support-services-program-update-june-2013/#sthash.GRFYmNu7.dpuf>

### Just a taste of beer might hook you, study says

The study found that a beer’s flavour alone, without any effect from alcohol, can lead the brain to release dopamine, a chemical associated with pleasure and reward. It is also associated with drinking and drug abuse.

<http://www.generationnext.com.au/2013/04/just-a-taste-of-beer-might-hook-you-study-says/>

### How bullying leads to suicide

The key to helping those who express suicidal thoughts is to ask two questions:

- How are you going to do it?
- When are you going to do it?

If distressed people have a method and a time for suicide planned, they are in immediate danger

Earl Nichols is a psychotherapist at the Pastoral Institute in Columbus. He has 37 years of professional experience in counseling adolescents who were bullied or bullied others.

<http://www.ledger-enquirer.com/2013/04/20/2472683/psychotherapist-explains-how-bullying.html>

### Tackling Binge Drinking

The Australian National Preventative Health Agency has developed an engaging, informative and all-age friendly website aimed at tackling the issues related to binge-drinking. *Be The Influence* explains the physical and mental health, social, and safety issues relating to the consumption of alcohol; provides nationwide resources including helplines and programs; and practical tips for voicing your concern of someone else’s drinking.

<http://www.tacklingbingedrinking.gov.au/internet/tackling/publishing.nsf/content/home-1>

### What works 4 you

Helping to improve mental health treatment for young people. A website for young people: <http://whatworks4u.org/>

### **Time for leadership on alcohol**

The problem lies in the ease with which people can get their hands on unlimited supplies of alcohol virtually any hour of the day and at ridiculously cheap prices. The solution is simple – provided politicians have the gumption to act on it.

<http://drinktank.org.au/2013/05/time-for-leadership-on-alcohol/>

### **The Young People and Sexting in Australia study**

While the age of consent to sexual activity is 16 in NSW, naked or semi-naked pictures of those under the age of 18 can be defined legally as child pornography, even when those who produce the images are also under the age of 18. Legal cases in Australia and overseas have highlighted the risks to young people who may face registration as sex offenders for participating in sexting. The Young People and Sexting in Australia study sought young people's opinions of the legal and educational responses to sexting.

<http://www.smh.com.au/comment/while-at-odds-with-adults-on-sexting-young-people-still-seek-ethical-legal-clarity-20130505-2j11d.html>

### **How to make your workplace happier**

Given we spend so much of our lives at work, the importance of a happy workplace can't be underestimated – from both a personal and business perspective. In general, workplaces that make workers feel included, valued, cared for and competent bring out their best qualities. Happy workers stick around longer, have more energy and enthusiasm, make more effort and help boost overall office morale. Moreover, in what are increasingly challenging economic times, happy and hence more engaged employees can give employers a competitive edge. Research continues to show that an upbeat workspace, due to increased productivity, reduced staff turnover and greater employee flexibility (cheerful workers are more likely to say yes to extra responsibility), works wonders for the bottom line.

[See Attachment.](#)

### **The Lancet Suicide Series**

Worrying global trends in suicide are reported in a new Lancet Series of papers. The Lancet Series reviews a range of topics including self-harm and suicide in adolescents, suicide in young men and the effects of restricting the means of suicide, as well as including original research analysing suicide rates in India, where suicide claims twice as many lives per year as HIV-AIDS. "Suicide is an act that is contrary to what is perhaps the strongest of human instincts-survival." In this Series, three reviews help us to better understand the incomprehensible act of suicide and further discuss strategies to reduce the risk of self-destructive behaviour. In two of the Series papers, Keith Hawton and colleagues and Alexandra Pitman and colleagues review the current state of knowledge for self-harm and suicide in adolescents and young men, respectively. A third paper by Paul SF Yip and colleagues reviews prevention of suicide by limiting of access to highly lethal methods of suicide.

<http://allafrica.com/stories/201206270625.html>

### **Smoking prevention in schools: Does it work?**

Smoking prevention in schools reduces the number of young people who will later become smokers, according to a new systematic review published in The Cochrane Library. For young people who have never smoked, these programmes appear to be effective at least one year after implementation.

[http://www.sciencecodex.com/smoking\\_prevention\\_in\\_schools\\_does\\_it\\_work-111282](http://www.sciencecodex.com/smoking_prevention_in_schools_does_it_work-111282)

### **Youth skim surface of life with constant use of social media**

They suffer from FOMO and FONK. Four in five say they haven't found their passion in life.

With more information at their fingertips than any generation in history, today's under 30s live their lives "a mile wide and an inch deep", and they're so busy keeping up with their social media feeds they have no time to go deeply into anything.

<http://www.generationnext.com.au/2013/04/youth-skim-surface-of-life-with-constant-use-of-social-media/>

# In Focus

## Toronto West Youth Group

Keith Barry Oval, Toronto West

0409154392

Monday/Wednesday 2pm - 7pm

Social and recreational activities, support and information for 12-25 years

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## Eastlakes Youth Centre

Swansea Centre, Pacific Hwy

49721111

Windale Community Hall

40267573

The Place, Charlestown Square

49721111

Thursday Nights 6:30pm - 9pm

A free drop-in style youth centre. Young people aged 12 years to 18 years are invited to attend.

- Free music
- Free food
- Free pool tables
- Free table tennis
- Free foosball
- Lounge areas
- Games and special events

## Southlakes Youth Centre

Fishery Point Rd, Bonnells Bay

49735125

Provides general counselling, social and recreational activities, information, education, leadership development, mentoring, peer support activities and group work, referral and advocacy for 12 – 18 year olds who live in the Southlakes area. Regular activities include a youth group, drop-in centre, school holiday outings, a young mum's group, parenting classes and school based programmes at Morisset High.

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## Multicultural Neighbourhood Centre

3 Illalung Road, Lambton  
4965 5291

Thursdays 10am - 2pm

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## Northlakes Youth Project

Cnr Main & Minmi Rd, Edgeworth

49588648

Youth Group Tuesdays 4pm-7pm

## The Place: Charlestown Community Centre

Young Parents Support Group

A fun group for young parents (26 years old and under) to meet, socialise & share information.

1pm - 3pm on Friday afternoons.

Eastlakes Youth Centre

Chill out at The Place on Thursday nights with Eastlakes Youth Centre.

Entry is free, and there's free pool, table tennis, games, food & music.

6.30pm - 9pm Thursday nights.

House

Live music, crazy challenges, stacks of people and heaps of energy.

Hosted by God's House, from 6.45pm on Friday nights during school terms.

Please forward your current programming, services and timetable for addition to the In Focus section of the YDO Update!